

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 02039, Spices, savory, ground

Report Date: October 25, 2015 13:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	9.00	--	0.125	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	272	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	1138	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	6.73	--	0.419	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat)	g	5.91	--	0.935	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Ash	g	9.63	--	0.612	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	68.73	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Fiber, total dietary	g	45.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
Minerals													
Calcium, Ca	mg	2132	--	213.669	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Iron, Fe	mg	37.88	--	6.482	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg	mg	377	--	18.559	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	140	--	17.321	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Potassium, K	mg	1051	--	45.946	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Sodium, Na	mg	24	--	5.143	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Zinc, Zn	mg	4.30	--	1.453	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Copper, Cu	mg	0.847	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Manganese, Mn	mg	6.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Selenium, Se	µg	4.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	50.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
Thiamin	mg	0.366	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Niacin	mg	4.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin B-6 ¹	mg	1.810	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin A, RAE	µg	257	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	5130	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	01/1977
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	3.260	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Phytosterols	mg	31	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	01/1977

Sources of Data

¹S.W. Leonard, K. Hardin, J.E. Leklem Vitamin B-6 Content of Spices, 2001 Journal of Food Composition and Analysis 14 pp.163-167